



## Caregivers Cove:

Active play helps children to keep fit and healthy. As parents you can help your child develop a love for active play while helping yourself stay fit as well!

Tips to help your child start a lifelong love of being active:

- Be a good role model -
  - If you do active things, chances are your child will, too. Adults set the tone for active living in the family.
- Be active with your children.
- Find fun ways to be active together so your child relates happy memories to being active.
- Let them know that you enjoy the feeling that comes with being active and healthy.
- Start family traditions around activity like a nightly walk around the block.
- Make activity a part of your everyday family life.



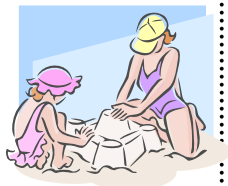
Adapted from WIC - Touching Hearts Touching Minds - Massachusetts



### Top 10 Ways to Help Your Child Combine Fitness and Fun!!

1. Visit the playground often.
2. Walk places with your child whenever possible instead of driving.
3. Take a dip with your child in a swimming pool or at the beach.
4. Kick a soccer ball around the park together.
5. Build an obstacle course and encourage your child to run around it.
6. Encourage games and sports with other kids.
7. Teach "hopping like a bunny," "jumping like a frog," and other fun activities.
8. Run races together.
9. Let your child do simple chores that keep them active and make them feel "grown" up.
10. Take the family pet for a nightly walk around the block.

**What will you and your child do this week to be active together?**



Adapted from WIC - Touching Hearts Touching Minds - Massachusetts

## Cook's Corner

### Quick and Cool Summer Salad



#### Ingredients:

- 14 ounce package elbow macaroni
- 1 can (16 ounce) drained green beans or other vegetable
- 1 can (7 ounce) tuna in water - drained and flaked
- 1 cup diced cheese (can use low-fat)
- 1/2 cup diced sweet pickles
- 1/2 cup diced onions
- 1 cup yogurt, plain
- 1/2 cup light mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Makes eight 1/2-cup servings

#### Instructions:

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese, and pickles.
3. Mix yogurt, salad dressing, lemon juice, salt and pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly

Adapted from: Favorite Recipes for Family Meals - Washington State University Extension



## Food Shopping Tips!!

- Shop after you have eaten. Hungry shoppers are more likely to buy items not on the list!
- Organize your shopping list like the store layout. Shopping will be easier and you will save time.



# Wellness Nutrition Fun Facts

*For WIC Families*

May/June 2008



**Fathers and Breastfeeding** - Breastfeeding is thought of as something that mom and baby get to share, but dad can play a special role in breastfeeding success while building a bond with baby.

## Bonding

Breastfeeding is a great way for mom to bond with baby, but what about dad? Dad may feel a little left out and may feel the only way to bond with baby is to give the baby a bottle. However, it is not just the feeding that is special, but the close contact that is part of the breastfeeding.

Dad can bond with baby by spending time holding, loving, playing with, and just being with his baby.

Try these tips to help dad spend time with baby!

### Dad can:

- cuddle and read or talk to baby while baby rests on dad's chest
- rock baby to sleep
- give baths & soothe when baby is fussy
- take baby for walks in a stroller
- put baby in a sling or carrier & go shopping or play on the floor together

## Support

Dad's support can be a great help in those early weeks and beyond to assure breastfeeding is a success for mom and baby.

### Dads can:

- help friends and family support mom in breastfeeding - letting them know how good it is for baby and mom.
- help calm a fussy baby.
- bring a new mother food and drink while she is nursing.
- help with chores around the house.
- remind the new mother that breastfeeding is one of the best things she can do to get her baby off to a good start in life.



**Breaking the Bottle Habit** - Weaning or taking away the bottle and teaching baby to use a cup is a gradual process that requires a baby to learn new skills. While it can take time to make the switch, it is worth weaning from a bottle to a cup to protect your child's smile and health!

## Why Wean?

- Helps protect from tooth decay and helps prevent problems with baby's growing mouth and jaw.
- If bottle fed too long, babies may not get enough solid foods to meet their nutrient needs.
- Drinking all through the day from a bottle can lead to too many calories from liquids and can lead to weight problems.

Begin around six months by introducing a cup with a goal of weaning off the bottle by around a year.

### Weaning Tips:

- ❖ Slowly offer more in the cup and less in the bottle.
- ❖ Offer a cup with meals.
- ❖ Slowly take away a bottlefeeding every few days.

## More Weaning and Cup Tips!

- ❖ Offer only water in the bottle and milk in a cup - babies often want milk more than water so they may learn to prefer the cup.
- ❖ Start other bedtime routines like a warm bath and cuddling with a book - children like routine.
- ❖ Tell a story or sing to distract when your child asks for a bottle.
- ❖ Go to the store and let the child pick out a special cup - the cup they will use instead of a bottle!
- ❖ Allow your child to throw the bottle in the garbage herself.
- ❖ Tell the child that the "bottle fairy" took the bottle and brought her a "big girl" cup.